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Democracy up for debate

City council will discuss next month whether to take a first step toward a new, ranked-ballot system of electing the mayor PAGE 3

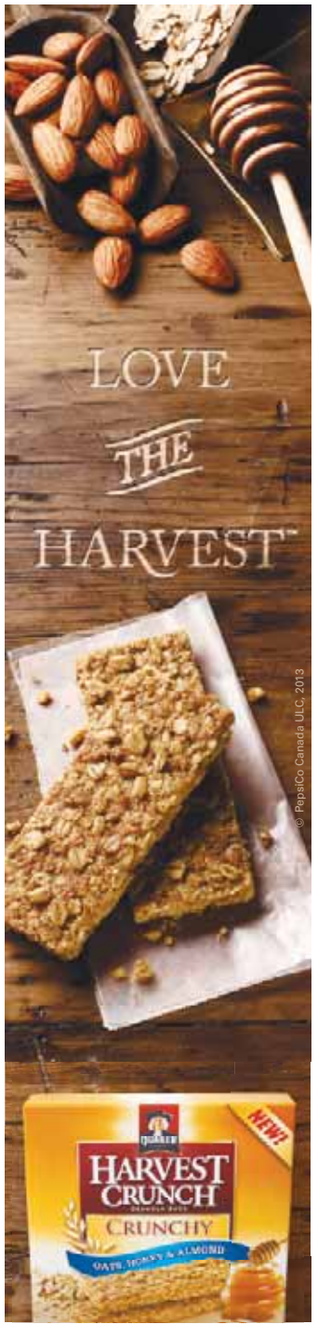
Down to Earth

Touch down! Astronaut Chris Hadfield lands in Kazakhstan after a five-month mission at the International Space Station PAGE 8

FOR YOUR ENTERTAINMENT

TV VIEWERS ARE INCREASINGLY CLICKING ONTO ME-FOCUSED, SELF-PRODUCED CONTENT FOR NICHE AUDIENCES PAGE 20

NEWS WORTH SHARING.



Greasing the wheels

More money, support sought from council. TTC CEO says system can't accommodate millions more riders without funding increase

The head of the TTC is warning that he needs more money and more support from city councillors if he's going to deliver on an aggressive plan to transform the system and serve millions more riders.

"The TTC simply cannot continue to accommodate millions more rides without an affordable increase in subsidy," said TTC CEO Andy Byford.

The remarks in a lunch speech to the Empire Club Monday come only days after Toronto city council voted to reject a long list of taxes and tolls the province is considering to pay for a massive regional transit expansion, including a downtown relief line and the extension north to Richmond Hill of the Yonge subway.

Outlining his "bold" business plan to imbue the TTC with more professionalism, transparency and accountability, Byford nevertheless, cautioned that, "To deliver this sea change, I need political support and freedom to do what needs to be done.

"That support needs to come from across council and the TTC needs to work on regaining the trust of our elected officials," he said.

In his speech, Byford acknowledged he has barely paused since being handed the reins of the system in early 2012 from chief general manager Gary Webster, whose firing without cause was engineered by allies of Mayor Rob Ford. "From flooded stations, to employees being shot, from political intrigue to front-page controversy — you name it; it has happened," he said.

Quoted

"Being head of the TTC is a 24-7 public fishbowl that is not for the faint-hearted." TTC CEO Andy Byford

Promising everything from a new business plan to new uniforms and new people, Byford has already installed Joan Taylor, formerly of the Toronto city manager's office, as his new chief of staff. Her job will be to help the TTC navigate the relentless, complicated city politics that underlie much of what the system does.

"We will undertake a zero-based, top-to-bottom cost review of every aspect of our business," Byford said, acknowledging "our budgeting and estimating has to get exponentially better if we are to change our reputation."

TORSTAR NEWS SERVICE

LEAFS NATION CRUSHED

The Leafs watch a replay of the winner by the Boston Bruins' Patrice Bergeron in the first overtime period at TD Garden in Boston Monday night. The Leafs fell to the Bruins 5-4 and were ousted from the playoffs. More coverage, pages 6 and 32. STEVE RUSSELL/TORSTAR NEWS SERVICE

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Best options report

Chamber of Commerce backs taxes for transit

The Ontario Chamber of Commerce is the second high-profile business group to take the extraordinary step of endorsing new taxes to pay for public transit in the GTA.

It's the kind of support that city council failed to deliver last week when it voted to reject 14 transit taxes and remained silent on a sales tax and development charges.

The OCC, however, is releasing a report recommending highway tolls and a gas tax as the best options for raising money to build transit and stem congestion. TORSTAR NEWS SERVICE

Itching to head west

Heat may delay elephant transfer

Iringa and Toka were among the first elephants to arrive in Toronto in 1974. TORSTAR NEWS SERVICE

Long-delayed plans to ship the Toronto Zoo's three aging elephants to a California sanctuary may be further postponed by hot summer weather. Plans to airlift the elephants aboard a Canadian Forces transport aircraft must be announced soon if the trip is to be done before July, said Coun. Glenn De Baeremaeker, a member of the zoo board. TORSTAR NEWS SERVICE

Dr. Dickey can strike out academia from lengthy to-do list

Blue Jays starting pitcher R.A. Dickey walks with Peter Patterson from Wycliffe College to Convocation Hall where the 2012 Cy Young winner received an honorary degree, Doctor of Sacred Letters, at the University of Toronto on Monday. Dickey was granted the honour for his "committed faith and a humble heart," as well as his work to shed light on human trafficking.

DAVID COOPER/TORSTAR NEWS SERVICE

Ranked-ballots system survives vote

'Easy as 1-2-3'? Toronto City Council will debate in June whether to move toward a new system of electing mayors

Toronto City Council will hold a debate next month on whether to take a major step toward a new system of electing the mayor — and the activist leading the campaign for ranked ballots says he has the support of a majority of councillors.

The proposal could have died at a meeting of council's government management committee on Monday. But a motion to indefinitely defer a report on the issue failed, which means council will discuss it in June.

The city needs provincial approval to change its election system. Committee chair Paul Ainslie said he will table a motion to formally request permission from Queen's Park.

Prominent local activist Dave Meslin, who has spearheaded the drive for ranked ballots, says Premier Kathleen Wynne has told him she does not think the province should stand in council's way. Wynne's spokesperson did not dispute Meslin's claim when asked about it last year, when Wynne was minister of municipal affairs.

Meslin's Ranked Ballot Initiative of Toronto lists 23 councillors as endorsers, a one-vote majority. Meslin said Monday that other councillors are privately supportive.

Councillor Doug Ford opposed the proposal at the committee meeting. Ford said it would be "undemocratic" for second-place votes to determine a winner. And he said the system would be "confusing" for many voters.

Advocates of ranked ballots argue it is "easy as 1-2-3." They say it would eliminate the need for residents to vote "strategically" for someone they don't like; prevent vote-splitting; discourage negative campaigning; and ensure that the result reflects the will of the electorate.

Under a ranked system, voters rank their favourite candidates — 1 for their favourite, 2 for their second favourite, and so on. TORSTAR NEWS SERVICE

What's next

If council approves the request and permission is granted by the province, council would then discuss whether to actually adopt the ranked ballot system.

- The change wouldn't take effect until the mayoral election in 2018 at the earliest.
- Council elections would still use the current system until at least 2022.

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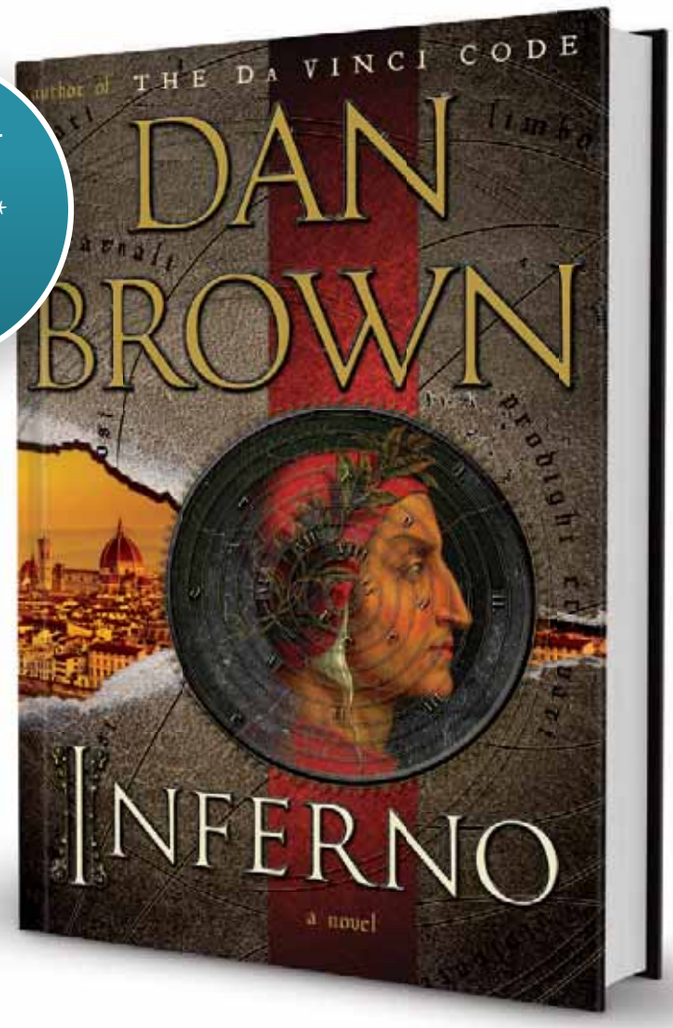

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After-school programs still not up to speed

East York Collegiate teacher George Kyritsis with his track-star daughter, Christina, at Centennial Park on Monday. He doesn't like the fact some teachers are still boycotting extracurriculars even though the boycott has been lifted. VINCE TALOTTA/TORSTAR NEWS SERVICE

Post-boycott woes.
Some students continue to be hit hard even after teachers' union lifted their boycott of extracurricular programs

Track and field meets start this week across the GTA but some schools still have no teams and students continue to be denied extracurricular programs.

At 17, Christina Kyritsis is a runner. She's so fast, she's been a national 800-metre champion and won Ontario gold twice and she's heading to Boston College this fall on a track scholarship.

But the lanky Grade 12 athlete almost missed her last high school qualifier Monday because of an extracurricular boycott that's supposed to be over, yet is still keeping pockets of Ontario students from their last chance at sports in a turbulent school year.

The A-student at Toronto's East York Collegiate found herself with no track team this spring, even though the Ontario Secondary School Teachers' Federation has lifted its boycott of extracurricular activities.

Quoted

"All other sports have been cancelled. Honestly, you can even tell when you walk through the hall, there's no school spirit."

East York Collegiate Grade 12 student Stephen Efstathiadis
Referring to all the sports being cancelled at his school except for soccer

"She wanted to go out with a bang, but it's taken me a week to get permission to take her and other students to the meet," noted her father George Kyritsis, a math teacher at East York, a school he said "is usually a vibrant place, buzzing with spring teams."

Luckily, he said, a last-minute ruling this weekend by school and athletic officials with the Toronto District School Board meant Kyritsis could take his daughter and other interested students to the meet Monday and Tuesday at Etobicoke's Centennial Park.

TORSTAR NEWS SERVICE

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North York

Toronto board to open second Africentric high school

Toronto will have a second Africentric high school this September, at Downsview Secondary School in North York.

The Toronto District School Board is posting information on its website and will hold an information night at the school on Tuesday.

The first Africentric high school opened in Scarborough last fall, at Winston Churchill Collegiate, but with only six students. The board says it now has 18 students at Churchill and will run a full program this fall for them.

TORSTAR NEWS SERVICE

Late tabloid magnate 'scooped us all'

Peter Worthington, the veteran newspaperman who co-founded the Toronto Sun, has died. He was 86.

His wife, Yvonne Crittenden, confirmed that her husband died on Sunday night.

The Toronto Sun said Monday on its website that Worthington was admitted to Toronto General Hospital last Thursday and diagnosed with a serious staph infection that compromised his heart, kidneys and other organs.

The tabloid magnate will get the final word on his death, his son-in-law journalist David Frum wrote, noting Worthington once again "scooped us all" — this time by writing his own obituary, set to run in the Sun on Tuesday.

THE CANADIAN PRESS

Quoted

"Saddened to hear of the passing of Peter Worthington, a true Canadian patriot. Rest In Peace."

Prime Minister Stephen Harper

Peter Worthington. THE CANADIAN PRESS/THE TORONTO SUN/JACK BOLAND

No one does ‘glorrrious and free’ like Scotty

FANDEMONIUM: LEAFS VS. BOSTON

Online

To see a video of Monday’s performance and Newlands’ Canadian Idol audition, visit metronews.ca.

Cue the snare drum.

Singer a self-described ‘overnight sensation 20 years in the making’

JESSICA SMITH
jessica.smith@metronews.ca

Second Lt. Scotty Newlands has sung the national anthems for the Leafs and Toronto’s other sports teams for years. But there’s been something about his performances during the Leafs’ playoff run that has captured the heart of the city.

He belts out the anthems in a regimental manner, straight with almost no vocal flourish except a snare-drum-like roll to R in “glorrrious and free.”

As he sang O Canada on Monday night, the crowd sang with him and Twitter exploded with praise.

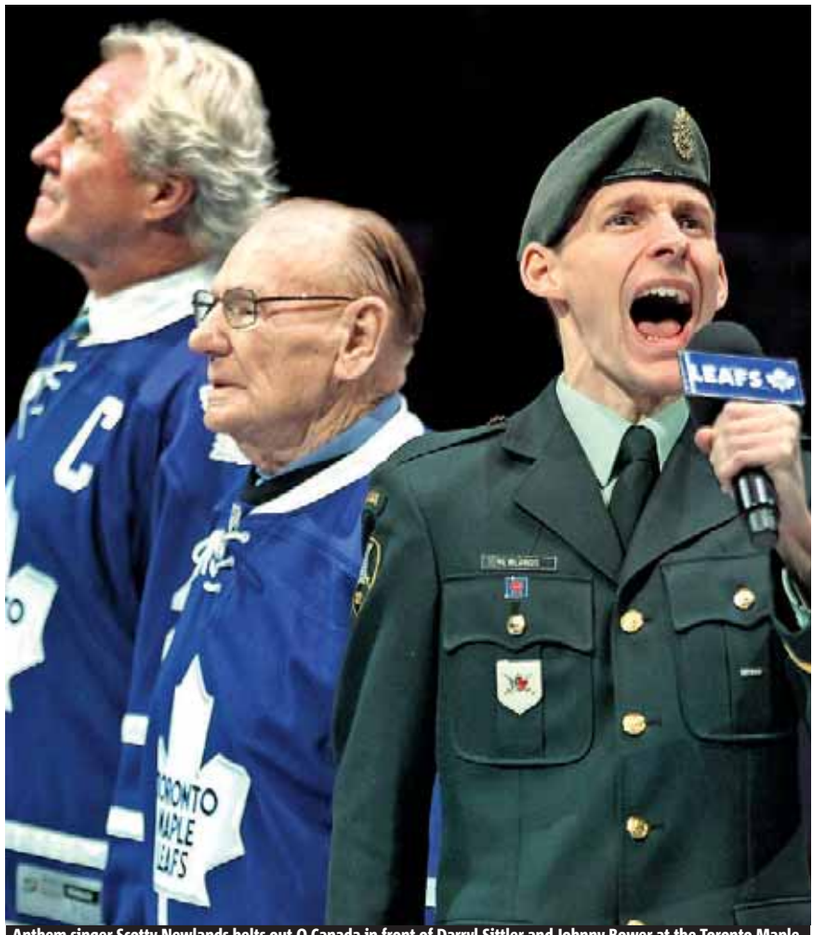
“As we say in the business, it’s an overnight sensation that’s 20 years in the making,” he said. “Each night I’ve just had to get bigger and bigger because the crowd is getting more into it and last night (Game 6) it exploded and I loved it.”

Newlands is more into theatre and singing than sports, but sees hockey as “part of our nation’s consciousness.”

Newlands, who has released an album, said he’s proud to sing both the Canadian and U.S. national anthems and gives it his all every time. On an emotional level, Newlands prefers to sing O Canada, but says he loves mastering the more musically complex The Star Spangled Banner.

“As a Canadian, I absolutely love our nation’s anthem. It’s a beautiful piece of music and when done well, everyone gets into it and everyone feels that love,” he said. “But the one piece of music musicians will say is very hard to sing is The Star Spangled Banner. A lot of singers botch it and it ends up being sacrilege to our American neighbours.”

Newlands enlisted in the reserve as a private and musician in 2002 and then became an officer. In 2003, he auditioned for Canadian Idol, but didn’t make the cut.



Anthem singer Scotty Newlands belts out O Canada in front of Darryl Sittler and Johnny Bower at the Toronto Maple Leafs home opener at the ACC on Jan. 21. STEVE RUSSELL/TORSTAR NEWS SERVICE

BELEAF IT OR NOT: FLAG WAVING AT AN ALL-TIME HIGH?

Despite loss, Leafs Nation flies sky high

Leafs Nation has friends in high places: First, International Space Station Commander Chris Hadfield, now L Tower crane operator Robert MacFarlane.

On Saturday, MacFarlane and fellow Leafs fan Chris James Drew decided to attach a huge Leafs flag to the whip of a crane, just below the hook block about 235 metres above the Esplanade.

“No one is allowed to touch it until it’s done (except tangle emergencies),” MacFarlane tweeted, using his handle @SkyJacked793.

On Monday he began tweeting pics of it flying over different city landmarks — including the Hockey Hall of Fame and Trump tower — and over the North York and Mississauga skylines. “#torontomapleleafs flag flys atop to Trump tower, like it or not Don :-)” he tweeted with a photo.

MacFarlane has been tweeting the magnificent views from the crane for weeks, inspired by Hadfield who, along with tweeting breathtaking views of the Earth from space, has been tweeting about his love of the Leafs. METRO

A Leafs flag flies over the city on the eve of Game 6. CONTRIBUTED/ROB MACFARLANE

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Chris Hadfield plays in the first music video from space, a cover of David Bowie's Space Oddity. NASA/THE ASSOCIATED PRESS

Singing spaceman safe back on Earth

Touchdown. Astronaut Chris Hadfield puts out first music video made in space prior to return

Astronaut Chris Hadfield returned to Earth Monday night after a five-month mission at the International Space Station that saw him become the first Canadian to command the orbiting laboratory.

The 53-year-old touched down in Kazakhstan on a Russian Soyuz capsule, which was also carrying cosmonaut Roman Romanenko and NASA astronaut Tom Marshburn — the same pair Hadfield blasted off with on Dec. 19, 2012.

The journey was Hadfield's first return space flight inside the cramped Russian space capsule. The craft tore into the atmosphere before a parachute opened, slowing its descent until it hit the ground at 10:31 p.m. EDT.

During his stay in space, Hadfield became a bit of an extraplanetary star. He tweeted photos, talked to schoolchildren, strummed his guitar and provided videos about daily life on the station.

In a high-flying first, Hadfield said his farewell to the station with a music video: his own custom version of David Bowie's Space Oddity.

It's believed to be the first music video made in space, according to NASA.

Even before releasing his Bowie cover, the Sarnia, Ont.-born Hadfield had shown off his musical skills in recent months. He sang often in orbit and even took part in a live Canadian coast-to-coast concert.

"It's just been an extremely fulfilling and amazing experience end to end," Hadfield, 53, told Mission Control before leaving Monday.

While Hadfield will be remembered most for the photography and music, his main task in space was performing experiments, examining changes to the spine, bone density and nutrition in space.

This trip is, in a sense, the end of an era for the Canadian space program. Now that Hadfield has landed, it will be at least three years before the next Canadian visits the space station. THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

By the numbers

850K Chris Hadfield has more than 850,000 Twitter followers.

5,330 In 1992, Hadfield was selected to become one of four new Canadian astronauts from a field of 5,330 applicants.

100 Hadfield was involved in more than 100 science experiments since he arrived.

5 On March 13, Hadfield became the first Canadian to command the space station during the last part of his five-month stay.

Online

A bitter-tweet goodbye

Chris Hadfield @Cmdr_Hadfield
Spaceflight finale: To some this may look like a sunset. But it's a new dawn. pic.twitter.com/iVgyUihqEN
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Beehives stolen

Thief knows honey biz: Cops

Kawartha Lakes police are investigating the theft of beehives from a honey producer near Lindsay, Ont., northeast of Toronto.

Eight hives worth $1,600 disappeared last week. Police said someone familiar with the industry is likely responsible.

THE CANADIAN PRESS

Bees tend to honeycomb cells. THE ASSOCIATED PRESS

Just politics?

U.S. government files morning-after pill appeal

The Obama administration on Monday filed a last-minute appeal to delay the sale of the morning-after contraceptive pill to girls of any age without a prescription.

The appeal asked a court to postpone a federal judge's ruling that eliminated age limits on the pill while the government appeals that overall decision.

District Court Judge Edward Korman has said that politics was behind efforts by Secretary of Health Kathleen Sebelius to block the unrestricted sale of the morning-after pill and generic competitors. He ordered that the pill be made available without prescription and without age restrictions.

THE ASSOCIATED PRESS

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A plate of insects at an insect cuisine competition in Laos. THE ASSOCIATED PRESS

Bugs can help fight hunger: UN food agency

Feed the world. Certain beetles, ants, crickets and grasshoppers come close to lean red meat in protein per gram

The UN has new weapons to fight hunger, boost nutrition and reduce pollution — edible insects.

The Food and Agriculture Organization on Monday hailed the likes of grasshoppers, ants and other members of the insect world as an underutilized food for people, livestock and pets.

A report, released at the UN agency's Rome headquarters, says two billion people worldwide already supplement their diets with insects, which are high in protein and minerals. THE ASSOCIATED PRESS

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A Toronto Downtown Area Casino is a Crapshoot.

The economics don't make any sense.

Toronto has one of the most successful downtowns in North America.

"A casino in Toronto's downtown area (C1 zone) is not required or important for revitalizing this area or fundamental to sustain what is perceived to be one of the most successful downtowns in North America." *City Manager Report, April 5, 2013, page 33*

Toronto already has a thriving economy - that's what drives job creation and investment.

"Over the last five years, Toronto region's thriving economy, totalling over 3 million jobs, has created over 3,000 net new jobs per month and according to the Conference Board of Canada will create over 300,000 jobs in the next five years." *Peter Norman, Chief Economist, Altus Group, April 24, 2013*

"Where some North American cities, like Detroit, Cleveland and Baltimore, have embraced casinos as a strategy to assist in revitalizing their languishing downtown areas and to stimulate economic development and recovery, this is not required in Toronto's downtown area." *City Manager Report, April 5, 2013, Appendix B, page 8*

Casinos do not belong in neighbourhoods.

"Toronto's downtown area is a healthy, vibrant and cosmopolitan area supporting the City's fastest growing neighbourhoods and is home to one third of Toronto's jobs ... In this context, it is City Planning's opinion that a new casino is not an essential land use in Toronto's downtown area." *City Manager Report, April 5, 2013, Appendix B, pp. 7-8*

Casinos destroy neighbourhoods, businesses and property values.

"A casino ... would dominate and destabilize the character of surrounding areas ... take away from the physical character and retail vitality of its surroundings instead of coexisting and strengthening its neighbours." *City Manager Report, April 5, 2013, page 33*

OLG's economic track record for resort casinos is lost jobs, declining revenues and decreasing attendance.

"Over the past ten years ... Gaming Revenue from the OLG Resort Casinos has gradually declined ... a cumulative 24% over the period." *City of Toronto: Potential Commercial Casino in Toronto, Ernst & Young, October 26, 2012, page 22*

We don't trust OLG proposals and neither should you.

"OLG is not a city-builder nor concerned with the quality of life of our people and neighbourhoods. Its mandate is to generate gambling revenues." *Dori J. Segal, President and CEO, First Capital Realty, Deputation at Executive Committee, April 16, 2013*

Huge risk for chance of small return.

"The City predicts some 4,770 jobs lost due to the massive disruption of a casino to existing businesses. In their optimistic forecast, they estimate a net 0.2% contribution to the Toronto region's $300 billion economy – a small gain for a big risky bet in bringing a casino to the downtown Toronto area." *Peter Norman, Chief Economist, Altus Group, April 24, 2013*

Let's not give away our downtown area and waterfront for *this*!

"Casinos are the last refuge of incompetent city management. Toronto should shun them. For those who must have an outlet for throwing money away, there is always a cheap flight to the flashy city in the desert next to Death Valley ... Where else could the Rat Pack flourish?" *Rex Murphy, National Post, April 27, 2013*

OLG Chairman says not in my neighbourhood.

"You see the polls that are taken that ask people, 'Are you opposed to a casino in your neighbourhood?' like one newspaper did. And a lot of people say 'No, not in my neighbourhood.' And I gotta tell you, I wouldn't want it in my neighbourhood." *Paul Godfrey, Chairman OLG, National Post, January 8, 2013*

Majority of Torontonians oppose a casino.

Public feedback shows 71.3% of Torontonians oppose a new casino. *City Manager Report, April 5, 2013, page 71*

The time has come for City Council to *vote NO now* on a bad proposition. Let's get back to the business of building our great city!

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Abortion doctor found guilty of murder

House of horrors.
Dr. Kermit Gosnell may face death penalty

A Philadelphia abortion doctor was found guilty Monday of first-degree murder and could face execution in the deaths of three babies who authorities say were delivered alive and then killed with scissors at his grimy clinic, in a case that became a flashpoint in America's debate over abortion.

Dr. Kermit Gosnell, 72, was also found guilty of involuntary manslaughter in the drug-overdose death of a patient who had undergone an abortion.

He was cleared in the death of a fourth baby, who prosecutors say let out a soft whimper before he snipped its neck. The jury will return May 21 to hear evidence on whether Gosnell should get the death penalty.

Former clinic employees testified that Gosnell routinely performed illegal late-term abortions past Pennsylvania's 24-week limit, that he delivered babies who were still moving, whimpering or breathing, and that he and his assistants "snipped" the newborns' spines, as he referred to it.

"Are you human?" prosecutor Ed Cameron snarled during closing arguments as Gosnell sat calmly at the defence table. "To med these women up and stick knives in the backs of babies?"

The grisly details came out more than two years ago during an investigation of prescription drug trafficking at Gosnell's clinic in an impoverished section of west Philadelphia.

THE ASSOCIATED PRESS

Dr. Kermit Gosnell was found guilty on Monday of killing three infants born alive during late-term abortions at his Philadelphia clinic.
THE ASSOCIATED PRESS FILE

Grisly details

"He created an assembly line with no regard for these women whatsoever...and he made money doing that."

Prosecutor Ed Cameron, on abortion doctor Kermit Gosnell during the trial's closing arguments.

Colorado shootings

Holmes asks for insanity plea

The suspect in the deadly Colorado cinema shootings asked a judge Monday to enter a plea of not guilty by reason of insanity, a move that is widely seen as James Holmes' best hope of avoiding the death penalty.

Holmes is charged with murder and attempted murder in the July 20 attack in Aurora that killed 12 and injured 70.

THE ASSOCIATED PRESS

Airport arrest

Pressure cooker for lamb: Nephew

The nephew of a Saudi man arrested at Detroit airport says the case is a misunderstanding — his uncle was bringing him a pressure cooker so he could make lamb. Nasser Almarzooq said he'd asked Hussain Al Khawahir for a pressure cooker because the ones he bought in the U.S. didn't work. THE ASSOCIATED PRESS

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Brazil's booming auto market rife with unsafe cars

Sao Paulo. Thousands die yearly in accidents that frequently should not have proven fatal

This 2011 photo released by Proteste, a consumer defence group, shows a crash test on a Chevrolet Celta vehicle in Brazil. PROTESTE/THE ASSOCIATED PRESS

The cars roll endlessly off the local assembly lines of the industry's biggest automakers, more than 10,000 a day, into the eager hands of Brazil's new middle class. The shiny new Fords, Fiats, and Chevrolets tell the tale of an economy in full bloom that now boasts the fourth largest auto market in the world.

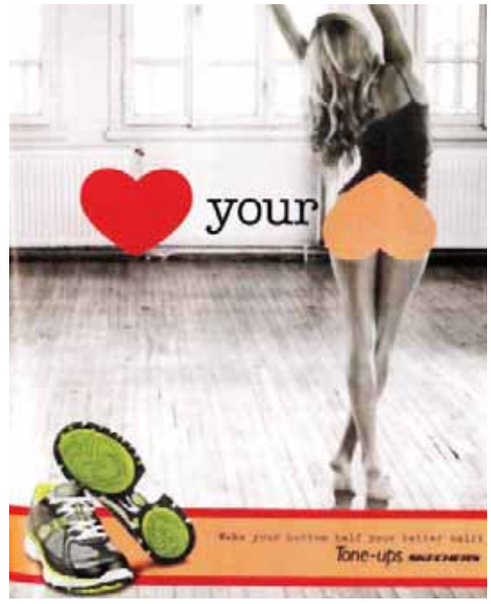
What happens once those vehicles hit the streets, however, is shaping up as a national tragedy, experts say, with thousands of Brazilians dying every year in auto accidents that in many cases shouldn't have proven fatal.

The culprits are the cars themselves, produced with weaker welds, scant safety features and inferior materials compared to similar models manufactured for U.S. and European consumers, say experts and engineers inside the industry. Four of Brazil's five bestselling cars failed their independent crash tests.

Unsafe cars, coupled with the South American nation's often dangerous driving conditions, have resulted in a Brazilian death rate from passenger car accidents that is nearly four times that of the United States, according to an Associated Press analysis of Brazilian Health Ministry data on deaths compared to the size of each country's car fleet.

In fact, the two countries are moving in opposite directions on survival rates — the U.S. recorded 40 per cent fewer fatalities from car wrecks in 2010 compared with a decade before. In Brazil, the number killed rose 72 per cent, according to the latest available data.

THE ASSOCIATED PRESS



Sketchy claims cost $40M

A federal judge in the U.S. has approved a $40 million US class-action settlement between Skechers USA Inc. and consumers who bought toning shoes after ads — such as the one pictured above — made unfounded claims that the footwear would help people lose weight and strengthen muscles. U.S. District Judge Thomas B. Russell approved the deal Monday in Louisville, Ky. The agreement involves the company's Shape-ups, Resistance Runner, Podded Sole and Tone-ups shoes. FEDERAL TRADE COMMISSION/THE ASSOCIATED PRESS

Florida

BlackBerry Live kicks off in Orlando

BlackBerry will pull out all the stops this week as the firm welcomes thousands of industry players for BlackBerry Live, its annual three-day conference. CEO Thorsten Heins will take the stage Tuesday to deliver a speech that could reveal a lower-priced version of its latest phone and some clues about whether the company plans to abandon tablet technology forever.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
98.91¢ (+0.02¢)

TSX
12,529.55 (-59.54)

OIL
$95.17 US (-87¢)

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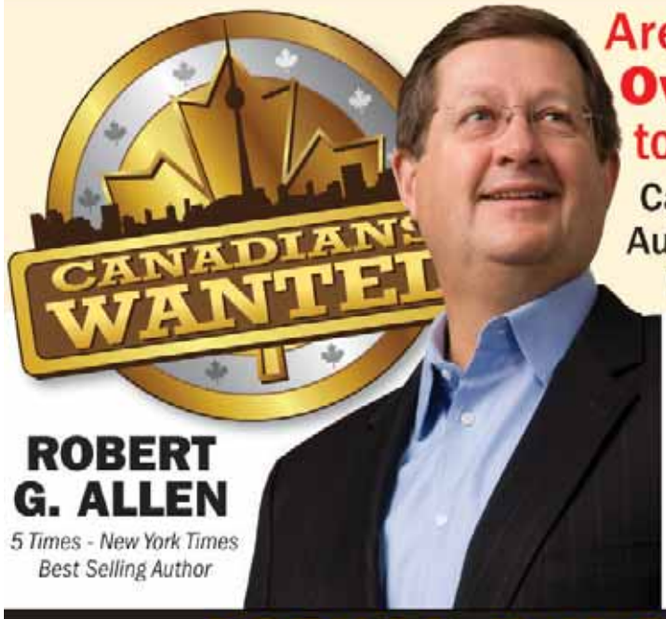

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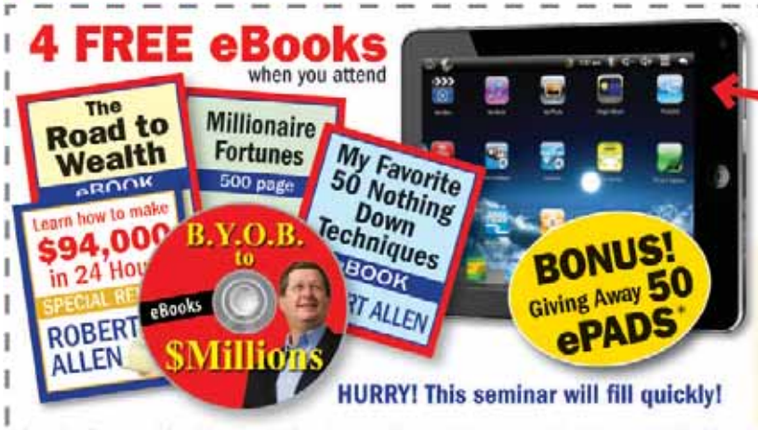

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YOUR SNEEZE HAS A SILVER LINING

SHE SAYS
Jessica Napier
metronews.ca

From the cherry blossom trees lining the streets of Vancouver to Ottawa's brightly coloured tulips, the country is truly in bloom. Unfortunately for some of us, the pleasures of springtime are obstructed from view as we spend most of the season with our faces buried in a handful of tissue.

Seasonal allergies aren't exactly a high-profile disease; there's no colourful ribbon campaign for hay fever and no celebrity spokesperson to offer tips on overcoming itching, watering eyes. Telling someone you have allergies usually garners the same amount of sympathy as mentioning you have a nasty paper cut. And yet, for a few weeks of the year allergies are so much more than a minor annoyance — they are a totally life-ruining experience.

Thirty per cent of Canadians test positive to one or more allergens, which means there are plenty of us loading up on a potent cocktail of antihistamines, eye drops and triple-shot lattes just to make it out the door in the morning. Record-breaking precipitation throughout the winter and high levels of carbon dioxide in the air are nurturing pollen-producing trees and plants across the country. Increased moisture and delayed springtime temperatures have caused airborne pollen counts to skyrocket, which is making this allergy season (like every one before) feel like the Worst. Year. Ever.

My annual springtime ritual involves bookmarking the Weather Network's online pollen forecast, barricading my apartment windows and waiting desperately for the heat of summer to arrive. I occasionally leave my cocoon of isolation to trek to the drugstore, where I spend obscene amounts of money on antihistamines in the hopes that maybe this year someone has developed a new formula that actually works. Over-the-counter medications are costly and usually ineffective but I won't deny that I enjoy the sedating and mildly addictive feelings of drowsiness that come with a heavy dose of nighttime medication.

But could there be a silver lining to these weeks of allergy-related anguish?

Some scientists purport that allergic reactions have evolved over the years as a way for our bodies to expel germs, carcinogens and other harmful toxins. The symptoms of typical pollen allergies — repetitious sneezing, runny noses and the unrelenting sensation of wanting to claw your eyes out — might actually be the body's way of protecting itself against potentially mutation-causing environmental contaminants. Numerous studies have linked allergy sufferers to reduced rates of various types of cancer — including ovarian, lung, skin, throat and intestinal cancers.

A sensitive body that's constantly on the defensive might not be such a bad thing. Despite our weak exteriors, those of us made miserable by seasonal allergies are actually stronger in some ways than the average person — even if a bunch of brightly coloured flowers can reduce us to a teary, snivelling mess.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

A fish's final moment

DR. ANDREW LEE/SOLENT NEWS

I'm going to bite you now

This cormorant bird does its own fishing by waiting patiently before pouncing to catch a rainbow trout in its bill.

The two animals even appear to look each other straight in the eye before the bird enjoys its lunch. Amateur photographer Andrew Lee captured this moment at El Dorado Regional Park in Long Beach, Calif.

The photographer recalls the bittersweet moment when he captured this unique image of the natural world.

"I felt a little sad for the fish, but I took comfort in knowing that I would be able to tell a story of the fish's final moment," says Lee.

"I hope that the photograph shows the viewer the daily struggle of the hunter and the hunted." METRO

Lunch

"It happened in a split second. The bird was able to grab the trout before the fish disappeared into the lake. I was surprised with how big the fish was and wondered if the bird would be able to swallow it — and it did."

Andrew Lee, pricing and portfolio manager and amateur photographer, from Irvine, Calif.

Click bait

ANDREW FIFIELD
andrew.fifield@metronews.ca

The first round of the Stanley Cup playoffs is behind us, making this the perfect day to subscribe to some puck-talk podcasts for fearless playoff predictions that you can later mock when they turn out to be horribly wrong.

Marek vs. Wyshynski

Anchored by the absurd enthusiasm of Greg Wyshynski and the absurdly encyclopedic knowledge of Jeff Marek, and buoyed by regular features like Game Show Friday, MvsW manages to keep a metric ton of hockey talk fairly breezy.

Backhand Shelf

The audio arm of The Score's hockey blog tends to the stats-heavy side of things, which is always a fun way to confirm your own biases.

Tim And Sid

OK, so this one is cheating since it's not strictly hockey and it's not at all a podcast. But downloading this Toronto duo's afternoon radio show is easily the funniest way to prepare yourself for emergency sports conversations. Give yourself a week to acclimate to the inside jokes.

Comments

RE: Hard Drugs Offer Hope In Mental Health Crises, published May 9

Speaking as someone who works in harm reduction, calling mushrooms, LSD, and MDMA 'hard' drugs is pretty laughable.

I had a very interesting conversation with one of the foremost drug policy experts in the world on exactly this subject — the war on drugs is preventing us from pursuing therapies that offer real hope to countless people who suffer horribly from mental illness.

Cameron Reid posted to metronews.ca

I'm guessing it would be a limited use type of thing, surely no one would want to be off the planet constantly, but if they can take the good and leave the bad and come back with a new perspective on their problems then maybe that is all that is needed for people to move forward.

Why on Earth are mushrooms hard drugs? Isn't it a natural medicine that has been used for thousands of years?

Patrick Cameron posted to metronews.ca

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The future of television

Power to the people. You, the consumer and producer, are in the driver's seat as the entertainment industry shifts gears

ELISABETH BRAW
Metro World News

Watching shows on your tablet while your TV set is collecting dust? Producing short videos yourself? You're not alone.

Entertainment is changing so rapidly that TV may soon be passé. Netflix has its own TV show (online). Amazon is planning to launch online entertainment. YouTube already has over one billion clicks per month and is rumoured to be planning the launch of a subscription service for several top channels.

"People are still watching as much TV as they used to, but they're also migrating to niche entertainment," explains Aymar Jean Christian, a professor of media, technology and society at Northwestern University in Illinois. "People like content that's geared toward them. For example, there's no TV show for gamers because they're a niche audience, but on the Internet there are show channels geared toward them."

More people are tossing their remotes and reaching for their tablets. ISTOCK

And we're migrating to smaller devices, too. "Entertainment is expanding from laptops and tablets to phones," observes Alexander Halavais, president of the Association of Internet Researchers. "You can already watch full-length movies on your phone. But most people don't, so this has created a new genre: something between movie and still images."

The Vine and Keek apps allow users to make six-second videos by splicing together several images.

Smartphones with their built-in cameras, which can be directed toward the user more easily than cameras, will accelerate the citizen-producer boom. This me-focused, self-produced entertainment for niche audience is chipping at the near-monopoly of professionally made shows for a general public.

Notes Halavais: "People are at an event, capture the event with their camera phones and then turn the camera to themselves to show their reaction. You could say, 'Why would it be interesting to see people's reaction to an event?' but that's the same thing many of us said when Twitter was born..."

Viewers are becoming involved with TV shows, too, submitting plot ideas and even funding films, as was the case with the Veronica Mars movie. And there will always be a niche for professionally-made shows. Observes Prof. Robert Thompson, director of the Bleier Center for Television and Popular Culture at Syracuse University: "Many of my students don't even have a TV set in their homes — they watch shows online. But TV isn't dead just because the distribution has changed."

ON WEDNESDAY METRO TALKS TO YOUTUBE BOSS ROBERT KYNCL ABOUT THE FUTURE OF ENTERTAINMENT.

Sports. Online streaming embraced by legit sites

Every week, millions of people enjoy live sports on their favourite screen — and don't pay a dime for it. That's because thousands of websites, often hosted in countries with a weak rule of law, illegally stream sports events. But as soon as one website is shut down, another one pops up.

Now sports channel ESPN has embraced the trend, offering free streams on its website.
MWN

Netflix series. Old product, new delivery

House of Cards, Netflix's hit drama series, is streamed online, but with its traditional structure, it looks just like prime-time TV fare. This is the entertainment of the future. The show is based on consumer input. "Netflix chose Kevin Spacey for the lead role because they had surveyed their viewers and knew that he was popular," says Prof. Aymar Jean Christian, of Northwestern University.

"They monitor how we watch, when we pause a film, which episodes we watch," says Chuck Tryon, author of new book On-Demand Culture: Digital Delivery and the Future of Movies. "It has the potential of serving as a test-screening."
MWN

Three companies to watch

These companies are pushing the boundaries of entertainment.

- **Twitch: Online gaming ESPN-style.** On the platform Twitch, more than 30 million users every month play electronic games — but they also broadcast their own games and instant message with each other. Imagine TV sports channel ESPN combined with gaming and social media. "This is really entertainment," explains co-founder Emmett Shear, 29. "And it's as much social media. On any given day, over two million users exchange chat messages."
- **Earbits: Spotify for garage bands.** Say you're a new band, you can't afford to advertise or pay for an agent. There's an app for that — Earbits, a platform for music artists. "Consumers can find new music and the industry can find customers," CEO/founder Joey Flores tells Metro. "Users share things and follow bands from the platform."
- **Vine & Keek: Top sites for social videos.** Social video is the new Twitter. Indeed, Twitter has its own social video app, Vine, and Toronto-based Keek gets 3.2 billion page views each month. "Social video is more useful than Twitter because you really get to see people's lives," Keek founder and CEO Isaac Raichyk tells Metro. "Our videos are 36 seconds for a reason: you can tell a story about yourself, and still it's short enough that people want to watch." (These vids have a name, too: keeks.)

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DVD reviews

Beware of Mr. Baker

Director. Jay Bulger

Stars. Ginger Baker

● ● ● ● ○

While tender and sensitive rockers barely survive past the age of 27, roustabouts like Cream drummer Ginger Baker live hard, fast and long enough to hear their own deaths falsely reported on radio. At 73, he's taxed by financial crises and arthritis pain, but still every bit as ferocious and unrepentant as when he still had all that unruly red hair. He's the not-very-cooperative subject of this amusing SXSW-winning documentary, titled for the warning sign that Baker has on his gated compound in South Africa.

Cloud Atlas

Director. Lana and Andy Wachowski

Stars. Tom Hanks, Halle Berry

● ● ● ● ○

Remarkable as much for its colossal ambition as for its high-wire narrative and lush visuals, Cloud Atlas is an art house film aimed at a multiplex audience. David Mitchell's undefinable 2004 novel, which follows six vaguely connected stories and zooms continents and centuries from South Pacific wilds to a dystopic future world, finds a solid screen presence under the guidance of co-writers/co-directors Lana and Andy Wachowski (The Matrix) and Tom Tykwer (Run Lola Run). The key is combining the characters, with actors Tom Hanks, Halle Berry, Hugo Weaving, Jim Broadbent, Hugh Grant and others playing multiple roles and switching genders. It's a real head-knocker, and hard to get into at first, but it settles down and inspires engagement — if not always the intended awe.

PETER HOWELL

Liberated Evans happy to lose his cool as The Iceman

Robert 'Mr. Softee' Pronge. Captain America star embraces challenging role playing cold-hearted, vicious psychopath

RICHARD CROUSE
scene@metronews.ca

Chris Evans plays sociopath Robert 'Mr. Softee' Pronge in The Iceman. HANDOUT

"He had an ice cream truck and kept bodies in the truck. There are plenty of little kids out there who bought ice cream and that ice cream was freezing next to a corpse."

That gruesome image is courtesy of Chris Evans, the handsome actor best known for playing Captain America, the superhero dedicated to defending American ideals.

His new film The Iceman co-stars Michael Shannon as real-life Mafia hitman Richard Kuklinski. Evans plays his mentor Robert 'Mr. Softee' Pronge, a vicious killer who out-psychos the psychotic main character.

"No villain thinks he's the villain," he says. "They don't think, 'I'm the bad guy,' so you can't approach it thinking you're bad. You have to (examine) what part of our brains stops us from doing these things."

To play Pronge, who ran his business out of an ice cream truck, the actor had to explore his own dark side.

"I may be revealing too much," he says, "but on a daily basis I can't tell you how many times I think, 'What if I just did this right now?' — jerked the wheel into traffic or walked off this building. On a daily basis your brain tells you what not to do, so you have to imagine that for a real sociopath that voice holds no water in their brain.

"(As an actor) you kind of just start liberating yourself of all restraint and it starts getting really fun. You come to set and think, 'I'm going to do whatever I want. Say whatever I want to say. Act however I want to act and what kind of person will come out of that? How would that person interact?" Evans, who stepped into the role when James Franco dropped out, had to get under Pronge's skin to figure out what made him tick.

"I'm sure even Pronge didn't start out killing somebody," he says. "He probably started doing something else that was liberating in terms of his social restraint, and then found a liking and became addicted to that sensation and it ultimately became this complete disregard for human life because it was just completely freeing."

The result is a creepy performance that may shave some of the smooth edges off of Evans' all-American image.

"I still have strange thoughts," he says. "I still think the things I think throughout the day but I'd never act on them. At least not now."

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Selena Gomez and Justin Bieber

Scoop her up: Looks like Gomez is back in the game

This is getting difficult to keep track of. Apparently things are off again for on-again, off-again couple Justin Bieber and Selena Gomez — at least according to Gomez. When asked by a DJ at Boston's Kiss 108 during an interview if she's be available should a boy stop her on the street and ask her to grab some ice cream, she replied, "Yep!" She gave another "yep" when the DJ clarified, "You're completely available in every way?" Not only that, but apparently the ice cream approach is a good idea: "By the way, that would be awesome if someone asked if I wanted ice cream because that would be cool," Gomez said.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Just a single baby? Will Beyoncé be touring with bun-two in the oven?

THE WORD
Dorothy Robinson
scene@metronews.ca

Everyone! Listen up: The New York Post is citing multiple sources that Beyoncé and her husband Jay-Z are expecting their second child. Their reps are not responding to calls for clarification.

Here's why this is dubious: Beyoncé is in the middle of a giant world tour blockbuster extravaganza; millions and millions are on the line. The Mrs. Carter Show World Tour ends Aug. 5 in Brooklyn. People love Beyoncé but people shell out major bucks for tickets to see Beyoncé doing her thing and getting all Sasha Fierce on stage.

Not a pregnant Beyoncé having to sit in a chair while on stage, which is the exact opposite of Sasha Fierce. That is Sasha Convalescence.

But, of course, she could strut through it bump and all as if we haven't figured it out by now, Beyoncé exists to make us all feel terrible about ourselves.

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A reason to revive your cable: Jack is back

Kiefer Sutherland

Jack Bauer is set to have another pretty terrible day, as Fox's real-time action series 24 will return next year with a limited-run, 12-episode series, 24: Live Another Day, the network announced this week. Series star Kiefer Sutherland will return as anti-terrorism agent Jack Bauer, whom he played for eight seasons until the show wrapped up in 2010. For this new, condensed version, the 12 one-hour episodes will cover another 24-hour period in Bauer's life.

"The response to 24 is unlike anything I have ever experienced as an actor before," says Sutherland.

NED EHRBAR, MWN IN HOLLYWOOD

Hang loose and get ripped

Fitness. Founder of The People's Bootcamp gave us a sneak peak of his new workout, based on the beach bum lifestyle, called WaveShape

MEREDITH ENGEL
Metro World News

Those surfers you see killin' it on the waves? They weren't born with that ripped bod. All of that paddling and popping up and down in the water "creates that long, lean physique," says celebrity fitness trainer Adam Rosante, the founder of The People's Bootcamp. He created a new workout called WaveShape to help you get the surfer's body of your dreams.

Rosante's workout is based in a framework he dubs "power intervals," which improve endurance. The moves are done over a series of 30 seconds, so you can focus on form, not reps. You can learn the full series (12 moves) when it launches June 1 as a free online community with video at getinwaveshape.com. Rosante gave us a sneak peak at five of the moves that'll get your body in surf shape.

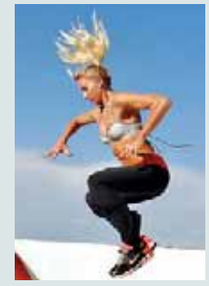
Step 1

Leg Rippers

Stand with feet slightly wider than hip width apart. Interlace your fingers and raise your hands over your right shoulder. Brace your core, open your chest and pull your shoulders down your back. Step out to the left into a side lunge, be sure to push the hips back and keep the left knee behind the toes, as you bring your hands down diagonally across your body to the outside of your left foot. Return to centre, raising the left knee high as you explosively jump off the right foot. Land softly. Repeat on the left side for the full 30 seconds, then switch and perform the move with hands over the left shoulder, stepping out to the right.

Step 2

Agility Jumps



Stand with feet slightly wider than hip width apart. Brace the core as you bend the knees into a low squat, arms extended behind the back for stability. Pause only briefly at the bottom of the movement and explosively jump up and forward over an imaginary line far out in front of you. Land softly, pushing the hips back to absorb the impact, and immediately jump backward to land in the starting position. Repeat the jump, this time turning the body mid-air to land 180 degrees in the opposite direction. Once again, repeat the 180 jump to land softly back at the starting position. That's one rep. Continue repeating.

Step 3

Tap Dogs

Assume a push-up position with wrists directly under shoulders. Tap the left shoulder with right fingertips and return the hand to the floor. Tap the right shoulder with the left fingertips and return the hand to the floor. Perform a pushup. At the top of the motion, brace the core as you extend the right arm and left leg until they are parallel to the floor. Lower the arm and leg. Now extend the left arm and right leg until parallel to the floor. Lower the arm and leg. That's one rep. Repeat.

Step 4

Surfies

Begin in a squat position with your hands on the floor, wrists positioned under your shoulders. Kick your feet back to a plank position. Immediately shoot the feet forward, twisting your torso and lower half so that you land facing left. Stand tall as you open the chest and squeeze the core and glutes. Twist back down to the right to place hands back in the starting position and kick the feet back to the starting position. You should be right where you started at the top of a plank position. Repeat, this time twisting to the right. Continue alternating sides. As you perform the move, you should look like a surfer popping up on a board.

Step 5

High-Lows

Assume a push-up position with wrists directly below the shoulders. Slowly lower the left forearm to the floor, elbow directly below the shoulder, and then the right forearm. Return, one hand at a time, to the top of a push-up position. Continue lowering and raising.

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Connecting made easy:

Best Health

Avoid alcohol with diet pop?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Opting for a diet mixer may cut calories, but a study published recently found it may make you more drunk. U.S. researchers had male and female participants consume one of three drinks within 10 minutes: vodka and regular citrus pop, vodka and a diet version of the pop, or a placebo drink (regular pop with no alcohol). Afterward, researchers recorded breath-alcohol concentration (BrAC) and were also given a reaction-time test, and reported their feelings of intoxication and willingness to drive. The results?

Having the diet-pop mixer resulted in an 18 per cent higher BrAC than the regular pop mixer and alcohol. TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

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Gluten could be giving you pain and you might not know it. ISTOCK PHOTOS

A new to approach gluten

Health. Dr. Arthur Agatston, who created the South Beach Diet, thinks that gluten allergies are under-diagnosed

LINDA CLARKE
Metro World News

The gluten-free trend continues to rise, recruiting legions onto the no-wheat bandwagon. But now, it's not just people totally intolerant to gluten who are giving up the protein.

Dr. Arthur Agatston, a cardiologist who authored The South Beach Diet, has followed up with South Beach Diet Gluten Solution. The book isn't just for people diagnosed with gluten intolerance (celiac disease), he says — it's for everyone.

Think gluten-free

"I think everyone is on the gluten-sensitive spectrum."
Dr. Arthur Agatston
Author of The South Beach Diet Solution

"I think everyone is on the gluten-sensitive spectrum to some degree," says Agatston. "I am convinced it is the most under-diagnosed medical condition of our time."

Gluten is a protein found in highest concentration in wheat. Some grains like quinoa or oats have none.

Gluten can damage the small intestine, which is where nutrients from food are absorbed.

"If gluten is not properly digested, it begins to poke holes in the lining and harms the small intestine," says Agatston.

The issue isn't really gluten, he says, but that "it's in everything."

"Our bodies are inundated with it now, creating sensitivity. ... Most of us need to be gluten-aware and restrict ourselves."

Agatston says that lowering gluten intake can improve focus and energy, heal chronic skin conditions and relieve anxiety.

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A beginner's guide to fasting

Diet. We're designed to cope with both feast and famine — then why are we so scared of hunger? A new diet explores the benefits of fasting a couple times a week

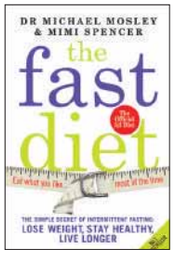
ROMINA MCGUINNESS
life@metronews.ca

Mimi Spencer and Dr. Michael Mosley, authors of the best selling book Fast Diet, don't believe in dieting all the time.

Their weight loss technique, based on intermittent fasting (abstaining from food for short periods of time) is simple and flexible: for two, non-consecutive days a week, you will be eating just a quarter of your recommended daily calorie quota.

That's 500 calories for women, 600 calories for men.

"You get to have five days of normal eating, with little thought to calorie control and a slice of pie if that's what you want," Spencer tells Metro.



Why fast?

"There's this idea that if you don't eat three to six meals a day, your blood sugar will crash. But the fact is, we're designed to go for short periods without food. It's good for us. Autophagy is an internal healing process that only occurs when we have no food in our system. So when we're eating all the time, our body is constantly on the go. (It) never gets a chance to do any repair and maintenance," Spencer said.

How will fasting help me lose weight?

"Take in fewer calories than you spend, and you're going to lose weight. It's an equation: slash your calorie intake by 75 per cent two days a week and your overall energy deficit will be fairly significant. If you normally eat 2,000 and go down to 500, you're skipping 1,500 calories a day. That's 3,000 calories a week, which translates to just under a pound of fat," Mosley said.

The Fast Diet recipes

Men: 600 cal

- **Breakfast 288 calories.** Two poached eggs (180 calories) on a slice of toast (31g, 78 calories); 30 raspberries. (120g, 30 calories)
- **Dinner 304 calories.** Roast salmon (252 calories) with 10 cherry tomatoes (150g, 27 calories). Bake at 200 C for about 15 to 20 minutes. Serve with 112g of green beans (25 calories)

Daily total: 592 calories

Women: 500 cal

- **Breakfast 142 calories.** Half a tub of cottage cheese (78 calories); One sliced pear (100g, 40 calories); One fresh fig (55g, 24 calories)
- **Dinner 341 calories.** Sashimi: 3 to 5 pieces salmon (100g, 180 calories) and tuna (100g, 136 calories) – served with soy sauce, wasabi and ginger; 1 tangerine (70g, 25 calories)

Daily total: 483 calories

Can I binge eat on the five days I'm not fasting?

"If you binge, there'll be no calorie deficit over time and you won't lose any weight. On your five days 'off' eat freely, but normally," Mosley said.

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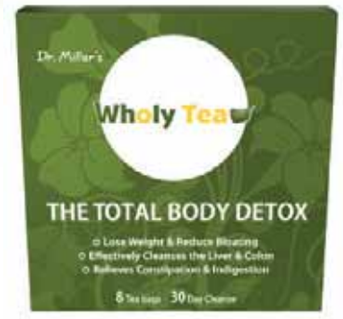
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Time is of the essence. Get any damaged veins seen sooner than later. ISTOCK

Varicose veins be gone — as painlessly as possible

Treatments. Getting them dealt with quickly is paramount, as other problems can develop over time

LINDA CLARKE
Metro World News in Boston

It's springtime and thoughts are turning to wearing shorts and baring legs — which can mean anguish for women with varicose veins.

"When spring comes, we get busier. Everyone wants them gone before summer," says Dr. Luis Navarro, director of The Vein Treatment Center in New York and author of No More Varicose Veins. "The body can't heal them; they just get worse. Over time other problems can develop, such as ankle swelling, pigmentation or thrombosis."

The good news is that treating varicose veins is now far less painful than in previous years, and it comes with less downtime. We asked Dr. Navarro to tell us about the different treatment options.

Painless sclerotherapy
"Sclerotherapy can involve up to 200 injections in three sessions. It can be done in a day, or it can also be done in multiple visits. We numb with ice and pressure to overload sensory fibres, so the patient doesn't feel pain. Then we inject a chemical compound, which collapses the vein."

Foam sclerotherapy
"This is a stronger compound and used for deeper, bigger veins. The foam needs to be used with care and the person performing the operation needs to know when to use liquid or foam — or a combination of both. It's harder to control than liquid."

Some veiny truths

"Everyone wants them (veins) gone before summer. The body can't heal them; they just get worse. Over time other problems can develop, such as ankle swelling, pigmentation or thrombosis."

Dr. Luis Navarro
Director of The Vein Treatment Center in NYC and author of No More Varicose Veins

Endovenous laser ablation
"This uses modern laser to weld the main vein shut and then we use a needle to remove it — that's called phlebectomy. There are no stitches. We use an anesthetic and you don't know it's being done. It can take as little as 35 minutes."

Ligation and stripping
"This is traditional surgery, which is done in a hospital under a general anesthetic. Thirty years ago, it was the only option. It involves multiple cuts to allow for the surgeon to perform the phlebectomy."

Questions

• What are varicose veins, and what about telangiectasias (spider veins)? Navarro explains what causes them.

"Varicose veins are the big, ropey looking veins and are a blue or greenish colour. Spider veins are reddish-purple and look like little lines. A lot of people have both. Fifty per cent of adults have some degree of varicose veins by age 50, and 70 per cent have them by age 70. They increase through life. Pregnancy can cause them, but the biggest factor is them being hereditary."

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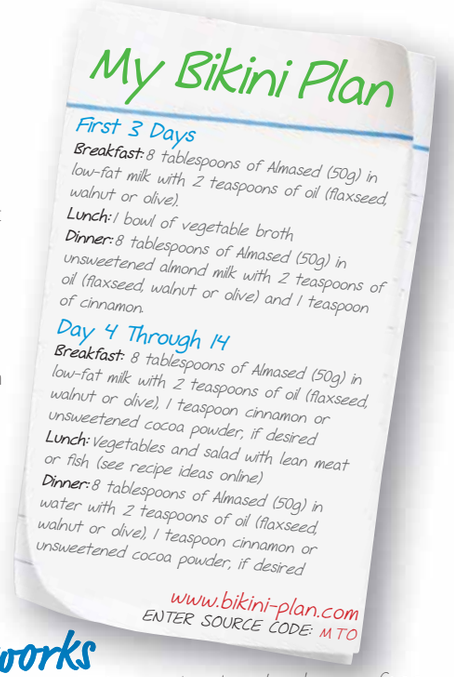
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Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon.
Day 4 Through 14
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
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Balance sweet mangoes with staple Mediterranean flavours

This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

My favourite salads are those combining fruit, an intense cheese and a sweet vinegar dressing — like this one.

Mangoes contain an abundance of beta carotene and antioxidants, which are thought to prevent disease. You can substitute ripe pears, peaches, strawberries or blueberries (also an antioxidant) for the mango.

1. Toss greens, endive, radicchio, mango, cheese and olives together in a bowl.

2. Whisk vinegar, olive oil, honey, sesame oil and garlic together in a bowl. Pour over the salad and toss to coat.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional analysis

155 calories, 3.3 g protein, 9.1 g fat, 1.7 g saturated fat, 15 g carbohydrates, 3.4 mg cholesterol, 210 mg sodium, 2.4 g fibre

Ingredients

- 4 cups torn, mixed salad greens
- 1 Belgian endive, sliced
- 1 small head radicchio, torn
- 1 1/2 cups diced ripe mango
- 1/3 cup light feta cheese, crumbled
- 1/3 cup sliced black olives
- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 tbsp liquid honey
- 2 tsp sesame oil
- 1 tsp minced fresh garlic

Health Solutions

Chive jive

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

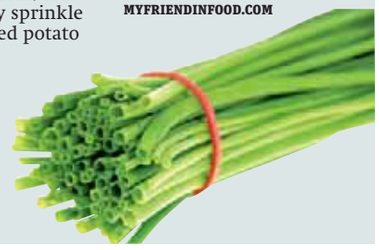
Even before the crocuses and bluebells in my garden, the chives started pushing through the yet to be removed dead leaves of last fall. The great part about chives is that they can be trimmed at this early stage and keep you in oniony snips right through fall.

Chives contain allicin, which can lower cholesterol and blood pressure. They are also high in antioxidants and are believed to be anti-fungal. With all that going for them, it is a shame we only sprinkle a little on a baked potato once in a while.

Try this:

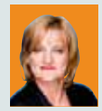
- In a blender, blend one cup of extra virgin olive oil, half a cup chopped chives, juice of half a lemon, pinch of salt and a teaspoon of honey. Use as a drizzle for grilled fish or chicken.
- Mince chives and add to pancake batter to create a savoury side dish.
- Add to scrambled eggs.
- Blend into softened butter and freeze in teaspoonfuls, top a sizzling steak with a dollop.
- Chop and freeze in ice cube trays to add to dips, dishes and dressings.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Stock markets

It could be a hot stock summer... or not



YOUR MONEY
Alison Griffiths
money@metronews.ca

Market timing doesn't always work out. Will this be a summer from hell? ISTOCK IMAGES

It's May, so is it time to sell and go away until St. Leger Day? That's the old stock market saying. St. Leger Day, by the way, was the last British horse racing event of the season in mid-September. Presumably, stock market traders then got back to work after betting on the ponies all summer.

On average, late spring to Halloween contains the two worst months for the stock market, September and October and the most volatile month, May.

Market timers often try to get ahead of this trend by selling out in May and getting back in before the stronger markets of November to April.

This is especially true after stocks have soared, as they have done since the sag of November 2012.

The Dow Jones and the S&P 500 have hit record highs. The Canadian market, now under 13,000, is well off its 2008 high of 15,073, but it has started to find its legs.

These numbers make investors nervous that the end is nigh. Previous busts such as the financial collapse of 2008 underscore the fact that good times don't last forever.

The trouble is, we investors tend to be lousy when it comes to market timing, seasonal or otherwise.

Who knows if this will be a summer from hell? But there is one way to protect yourself should it come to pass.

Look at your investment statement (or ask your advisor) to determine what percentage you have in equities. It has likely risen significantly over the past couple of years.

That means it's time to prune equity investments or devote new money (RRSP contributions, for example) to fixed income. The latter is much easier to do than the former.

We humans hate to sell something that is going up.

However, if you want 50 per cent in equities for your RRSP and it is now sitting at 70 per cent or more, you are exposing yourself to risk.

Remember, stock market declines usually happen too quickly for regular investing folk to react. So be proactive, even if it means missing out on a hot stock summer.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Up and down May

May has been an up month for stocks 35 times since 1950 and a down month 28 times.

Two perspectives of a major milestone: high school graduation

Cap and gown. A mother and daughter share their thoughts ahead of the big day

THERESA ALBERT
AND JAMESON RATCHFORD
life@metronews.ca

Mom says:

It's the anticipation of the emptiness that is the worst. Will the whole day fall apart when she is isn't home for dinner?

For 18 years the structure of our home and our lives has revolved around her. From night feeding to after school programs and daycare and, later, to dance class and dates. Whether she knew it or not, our entire process ebbed and flowed with what she needed. The communication between mom and dad needed to happen for her benefit. Now that it is just two capable adults, who will be home for dinner? Who will make it? Who will care?

Suddenly the music blaring from the bathroom during her morning shower doesn't annoy me at all. So what if I can't think enough to work? I stop and realize that this joyful noise will soon be silence.

Her backpack, boots, dishes, books, scarves and dance clothes clutter my hallway. I bend to pick them up lovingly now, not resentfully.

I can pass by her room and look at the teen mess and smell the waft of one too many hair, face and body products and not feel like gagging. I choke back the tears instead. I go in and breathe deeply.

Time won't stop barrelling down on us but I can stop the moment from flying away by appreciating it for all its beauty.

Jameson Ratchford, left, with mom Theresa Albert. PROVIDED PHOTO

What saves me from crying is the knowledge that she isn't really going anywhere.

She is growing her life and she will bring it back home twofold. New friends and their noise, dirty plates and laughter will join. New books and ideas will inspire as they are being learned by her. She may meet her life partner and the group will grow, not shrink. That is all that has ever been asked of her — keep growing. The day to day may change, but the big picture remains the same.

Daughter says:

For a while, I was thinking about graduation as just a day, a few hours before the rest of my life.

Until recently, when I realized that graduation and its status as a rite of passage has lost its grandeur. Graduation is a full stage in our lives because the series of events that lead up to it and the events that follow can define us.

To our cohorts we can be known for the post secondary school we have chosen to attend after the comfortable confines of our high school. To our neighbours who watched us grow and who trust us with their kids on date night, we can become known as a teen who speeds up the street in their parent's minivan or the kid who shovels every day for those who can't in the winter, or both. To our closest friends, nothing really changes apart from the sudden onslaught of a sense of "never enough time."

Most importantly, to our parents, we are no longer the loud morning shower music, the stray socks and boots in the hall to trip over or the slamming doors. We become "remember whens," pickers on a money orchard and fleeting moments. The cap and gown fever may only last a few hours but our memories of this time simply can't be forgotten.

THERESA ALBERT IS A REGULAR CONTRIBUTOR TO METRO AND HER DAUGHTER, JAMESON RATCHFORD, HAS CHOSEN GUELPH UNIVERSITY TO ATTEND IN THE FALL. SNIFF/YAY!

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Bringing business to your own backyard

Welcome to my world.
If you're psyched about your own surroundings, why not consider becoming a tour guide?

Even after 16 years as a tour guide, Josh Silver still breaks out in an irrepressible ear-to-ear grin when he discusses the history of Philadelphia.

He started in 1997 as a part-time guide at Clifton House — a historical home just outside of Philadelphia — and discovered he was a natural. Silver has an affinity for local history, combined with a habit of describing events and artifacts with strict precision: "My friend calls it my bow-tie way of talking," he says with a laugh.

History buffs, it's time to hit the pavement. ISTOCK

"The challenge for me is staying fresh. And that takes a lot of self-generated motivation," explains Silver. "After a while you have a lot of material to lean on, but you've got to push yourself to keep learning and incorporating new things."

Silver has worked for almost every tour-guiding company in the city, and currently rotates between two small for-profit companies and one non-profit.

"It can be an excellent way to get some supplemental income with something that's always challenging and keeps you learning," says Silver. "But if you want to do it, I think the first step is coming out of your shell. There are monthly meetings of tour guides. There are tours offered every day. Get out there and start talking to people, because that's a big requirement for the job."

METRO WORLD NEWS

This makes cents

"It can be an excellent way to get some supplemental income with something that's always challenging and keeps you learning."
Josh Silver
Philadelphia-based tour guide

The tough of the tour

On holding your own as a host:

- Today Josh Silver is one of the most sought-after guides in the city. But he still has to hustle to remain a full-time guide.
- There are few — if any — Philadelphia tour-guiding companies that offer full-time work, and almost all hire guides exclusively as freelancers.

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TRANSITION INTO A SECOND CAREER

CENTENNIAL HELPS UNEMPLOYED WORKERS

CENTENNIAL COLLEGE PHOTO

Getting laid off from your job doesn't always mean the glass is half empty.

At Centennial College, Second Career is the Ontario government's program to help unemployed workers whose jobs were phased out in our changing economy.

Although it may be scary for some to think about going back to school after being settled in a career, Centennial College helps to transition adults into this new student role.

Gail Derrington, manager, Employment Training Centre, Centennial College, says one of their latest success stories comes from a former hairdresser who is now working in the tourism industry after her training through Second Career.

"Upon graduation, she secured employment with a travel agency and has felt that Second Career made a difference in her finding employment," Derrington says. "What makes her success story even more interesting is that she is 60 years of age."

Applicants going through Second Career choose a program based on the ministry criteria, which includes careers that are in demand. All applicants will have an opportunity to discuss their program/career choices when they meet with an employment counsellor at an assessment centre.

After meeting with an employment counsellor, the applicant must then research a college to determine which program best suits their needs.

The Employment Training Centre at Centennial is the first stop for all Second Career applicants interested in pursuing Centennial College.

"We have a team of expert staff who provide friendly one-on-one advising services," Derrington says.

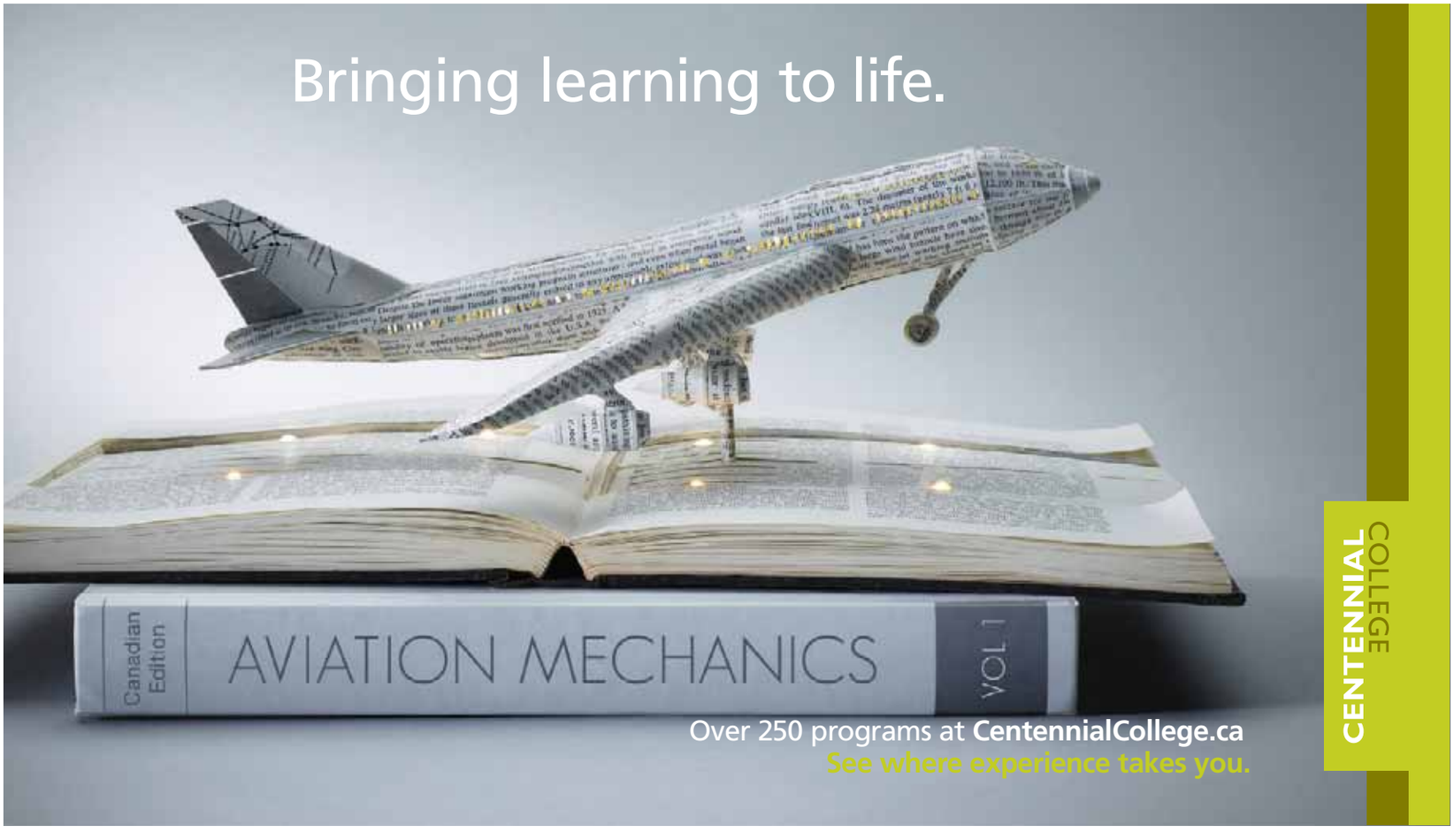
Second Career is applicable for any age, as long as the participants meet the eligibility criteria.

This ministry initiative provides funding up to $28,000 for eligible participants towards books, tuition, transportation, living expenses, disability supports and other living and training costs. Each participant is assessed on a case-by-case basis.

For more about Second Career, visit centennialcollege.ca/secondcareer.

CORRECTION

In the April 9 Learning Curve, the University of Toronto photo was taken by Brandon Chu.



MAKE NUMBERS WORK FOR YOU

CGA ONTARIO'S FLEXIBLE ONLINE LEARNING ENVIRONMENT MAKES IT EASY FOR STUDENTS

Becoming a certified general accountant (CGA) is all about making the numbers work for you.

By studying to become a CGA through Certified General Accountants of Ontario (CGA Ontario), there is no need to worry about balancing the number of hours you can spend away from work to study — the CGA program lets students earn while they learn.

CGA Ontario's flexible online learning environment makes it easy for students to be in control of their education and, ultimately, their career.

"Becoming a CGA puts you on the fast track to building an exciting career with strong earning potential, whether you work for a company or as your own boss," says J.D Clarke, senior vice-president of CGA of Ontario.

"CGAs are in the top five per cent of income earners in Canada and 95 per cent of them say their CGA designation was a key to their success."

ISTOCKPHOTO/THINKSTOCK

Clarke says CGAs build their careers on a strong foundation of accounting and financial knowledge — and they understand how to apply that knowledge to see opportunities and provide solutions throughout the business.

The CGA program of professional studies is designed to give students the ability to do more in their accounting careers.

Once enrolled, students will learn to analyze financial information, tackle complex management issues and implement corporate strategies.

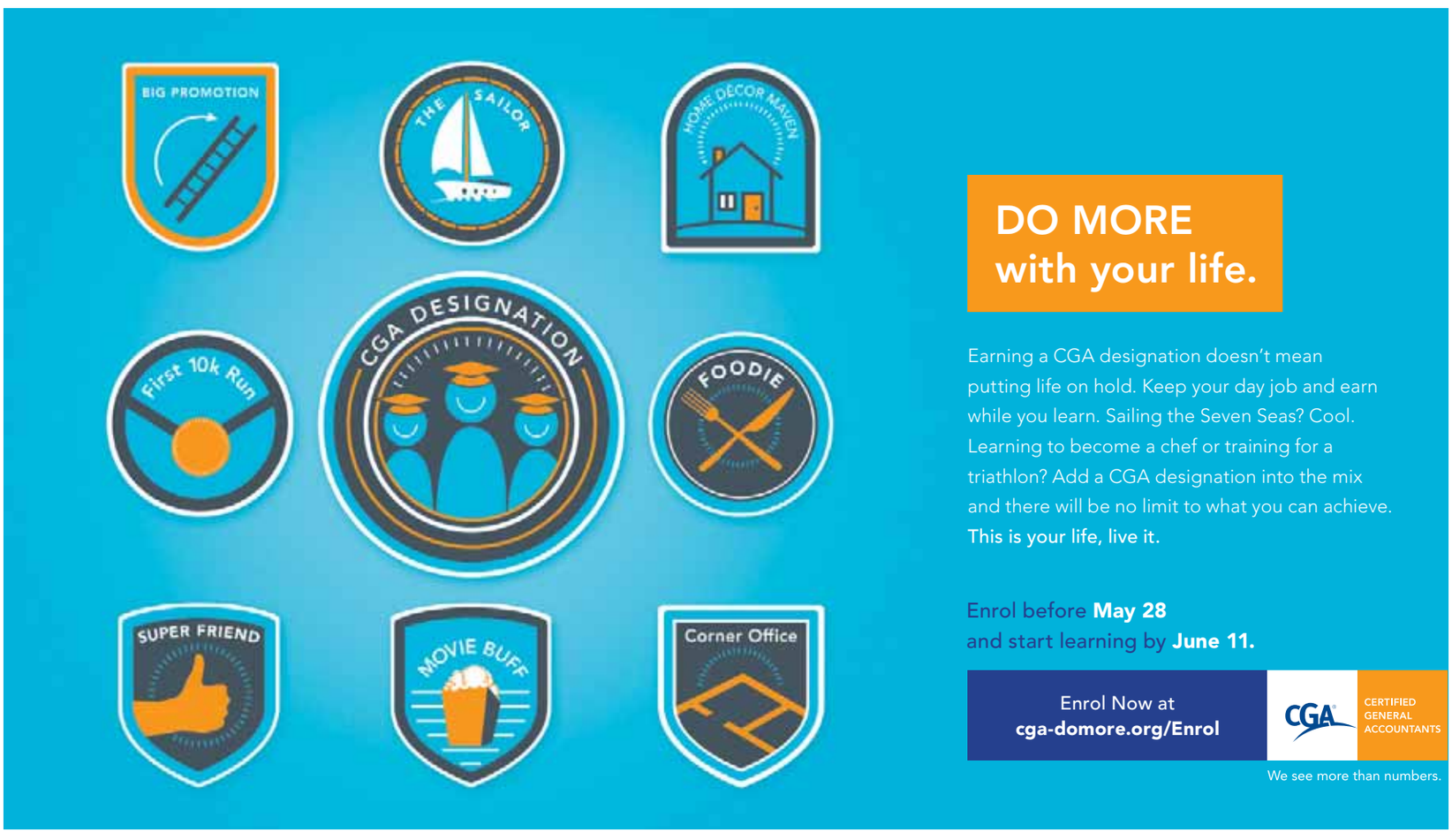
They will also combine accounting principles with critical thinking in order to meet the diverse needs of any organization, from start-ups to multinational corporations, from high-tech to not-for-profit.

"It gives you the skills and freedom to find a rewarding job at any organization, anywhere in the world," Clarke says.

CGA Ontario's learning environment is interactive — like a traditional classroom, students receive feedback from their instructors and peers. They are immediately connected with colleagues with diverse experiences, and this can greatly enhance their learning process and experience, opening their mind to a variety of viewpoints.

Clarke says a CGA must have a degree from a recognized university or college. Students who don't have one have the option to complete a degree at the same time as their designation.

For more, visit cga-domore.org.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Bruins, from left, Brad Marchand, Patrice Bergeron and Tyler Seguin celebrate Bergeron's overtime goal on James Reimer on Monday night in Boston. The Leafs' season ended after they stunningly blew a 4-1 third-period lead. JARED WICKERHAM/GETTY IMAGES

Un-Bearable Leafs heartbreak in Boston

NHL playoffs. B's get up off their knees to pull off unbelievable 3rd-period comeback

Patrice Bergeron scored at 6:05 of overtime to complete a miraculous Boston comeback as the Bruins rallied to oust the Toronto Maple Leafs from the playoffs with a nail-biting 5-4 victory in Game 7 Monday night.

Bergeron, with his second of the night, ended it as the Bruins blitzed the Toronto goal. The Leafs could not clear the puck and the Bruins forward snapped home a shot.

Two late goals in a span of 31 seconds by Boston's Milan Lucic and Bergeron, with goalie Tuukka Rask off for the extra attacker, shockingly tied the game up at 4-4.

It had looked like two early goals by defenceman Cody Franson had been enough to propel Toronto into the next round of the playoffs. The Leafs led 4-1 midway through the third period when the Bruins started pulling rabbits out of their hat with three unanswered goals — the last two with the clock running out.

Game 7

5	4
Bruins	Maple Leafs

It marked the first time the Bruins have come back from a three-goal deficit in a playoff game since April 11, 1990, when they trailed the Hartford Whalers by a 5-2 score in the third period but went on to win 6-5.

The capacity crowd, which had been disgruntled most of the night, partied as it waited for an overtime period that never seemed in the cards.

Leading 2-1 entering the third period, Phil Kessel added an insurance goal at 2:09, poking in the puck into a gaping goal after Nazem Kadri hit the post. Kessel's fourth goal of the post-season was helped by a Bruins giveaway.

Kadri then scored on a 2-one-1, banging home Kessel's rebound at 5:29 to seemingly hammer another nail in the Boston coffin.

At the other end, James Reimer seemed to have got into the Bruins' heads until Nathan Horton swept in a pass from Lucic, who swooped behind the net and then got the puck through traffic to his linemate to cut the lead to 4-2 at 9:18.

That sparked a late flurry by the Bruins and Lucic, stuffing in the puck from in close, scored with 1:22 remaining. Then Bergeron beat Reimer with 51 seconds left as hulking Bruins captain Zdeno Chara screened the Toronto goalie.

Rich Peverley had a chance to win it in the dying seconds but couldn't get good wood on it after a fat Reimer rebound.

THE CANADIAN PRESS

Elsewhere on Monday

Rangers to meet Bruins

The Rangers got goals from five different players and Henrik Lundqvist stopped 35 shots as No. 6 seed New York upset the Washington Capitals 5-0 to win Game 7 of their first-round series setting up a meeting with the Bruins in Round 2.

THE ASSOCIATED PRESS

Rangers left-winger Taylor Pyatt, left, celebrates his goal with Derek Dorsett and Brian Boyle on Monday. THE ASSOCIATED PRESS

NFL

Nix steps down as GM of Bills

Not getting any younger and confident he's put in place a young foundation capable of turning the Buffalo Bills into a winner, Buddy Nix called this the right time to step down as general manager on Monday.

"I think at some point, you've got to step aside and let young guys that are qualified have their shot," Nix said during a hastily called news conference shortly after Bills completed a voluntary mini-camp practice.

The 73-year-old Nix will not be leaving the team entirely. He'll instead move into a newly created role as a special assistant.

Though the Bills did not immediately announce Nix's replacement, the team has spent much of the past year grooming assistant GM Doug Whaley to succeed Nix.

THE ASSOCIATED PRESS

NHL

Finalists for GM of the year announced

Marc Bergevin of the Montreal Canadiens, Bob Murray of the Anaheim Ducks and Ray Shero of the Pittsburgh Penguins were named Monday as first-time finalists to be the NHL's general manager of the year.

Voting for the award was conducted among the league's 30 general managers and a panel of NHL executives, print and broadcast media. The winner will be announced during the Stanley Cup finals.

THE ASSOCIATED PRESS

Tennis

Raonic's stay in Italy short-lived

Milos Raonic made an early exit at the Italian Open.

The 22-year-old from Thornhill lost in the first round to Germany's Philipp Kohlschreiber 7-6 (2), 6-4 on Monday at the Foro Italico.

Raonic, the No. 14 seed, played a close first set with no break opportunities, but the No. 22 Kohlschreiber pulled out the one-set lead thanks to a strong tiebreak performance.

THE ASSOCIATED PRESS

Giro d'Italia. Hesjedal confident he can make up for precious lost time

Canadian cyclist Ryder Hesjedal feels he can get back into contention at the Giro d'Italia despite losing precious seconds after one of his most challenging days at the three-week race.

The defending champion said he had no choice but to concede time at one point during the wet and hilly ninth stage from San Sepolcro to Florence on Sunday. Hesjedal, now over three minutes off the lead in 11th place overall, remains confident he can make up some time and rejoin the front-runners.

"You have to believe it," Hesjedal said Monday from Cordenons, Italy. "You can't decide that it's too much because then you're out of the race already. If you look at what's happened in the race so far, anything can happen. There are so many variables on the road, things can change completely in one moment.

"So by no means does being three minutes down right now make you throw the towel in."

Ryder Hesjedal completes the ninth stage of the Giro d'Italia Sunday. THE ASSOCIATED PRESS

The Garmin Sharp rider from Victoria is chasing overall leader Vincenzo Nibali of Italy, who has a 29-second lead on Australia's Cadel Evans. Robert Gesink of the Netherlands is 1:15 back in third and Bradley Wiggins of Britain is 1:16 off the pace in fourth.

Hesjedal, who was third overall just three days ago, was sixth heading into Sunday's stage. THE CANADIAN PRESS

Bulls offence turns ice cold against sizzling Heat

NBA playoffs. Chicago showing no signs of team that beat Miami in Game 1 of series

Game 4

88	65
Heat	Bulls

LeBron James scored 27 points and the Miami Heat nearly matched a franchise record for points allowed in a playoff game, pounding the listless and short-handed Chicago Bulls 88-65 on Monday night to take a 3-1 lead in the Eastern Conference semifinals.

The 65 points allowed were only two more than the all-time post-season low for a Miami opponent, and it was easily the worst offensive performance by a Chicago team.

Never before had the Bulls scored fewer than 69 in a playoff game nor 10 or less in a quarter during the post-season, but both those marks fell on a night when they were dominated on both ends of the floor.

Miami led by 11 at the half and put this one away in the third quarter, outscoring Chicago 17-9 in the period.

Now the Heat will try to wrap up the series at home on Wednesday night, taking what they hope will be the next step toward a second straight championship.

It's hard to believe the Bulls won the series opener the way the past three games have gone.

Miami pounded Chicago in Game 2, coming away with its most lopsided playoff victory while handing the Bulls their worst ever post-season loss, and the Heat continued to roll from there. THE ASSOCIATED PRESS

Heat forward LeBron James goes up for a shot against Bulls forward Jimmy Butler during Game 4 on Monday in Chicago. NAM Y. HUH/THE ASSOCIATED PRESS

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See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Someone is trying to get one over on you and you have every right to be annoyed, but is it worth it? There is no way they are going to succeed at cheating you so ignore them.

♉ Taurus
April 21 - May 21
There is no point blaming yourself because a project went wrong. There were so many people involved and so many factors at work that no one person was truly to blame.

♊ Gemini
May 22 - June 21
You need to pace yourself carefully now because the planets warn you are not as robust health-wise as you seem to believe. Even a go-getting Gemini needs a bit of down time occasionally.

♋ Cancer
June 22 - July 23
Whatever your highest ideal happens to be, that is what you should now be aiming for. Of course, you won't reach your goal immediately but you'll be heading in the right direction – and that's what matters.

♌ Leo
July 24 - Aug. 23
You are finding it hard to focus on one specific thing — your mind is all over the place. That's OK. There is no point trying to force your thoughts in directions they clearly don't want to go. Take the hint.

♍ Virgo
Aug. 24 - Sept. 23
If a particular method works for you then stick with it. Others may say it's old-fashioned, but so what? The more critical they are, the more you suspect it's the right choice.

♎ Libra
Sept. 24 - Oct. 23
Let your imagination roam wherever it pleases today, even if it takes you to places you may have been deliberately avoiding in recent weeks. As is so often the case, what you fear the most is unlikely to happen.

♏ Scorpio
Oct. 24 - Nov. 22
You may end up spending a large chunk of the day dealing with someone else's problem but don't think of it as time wasted. What you do for them now will be done for you later.

♐ Sagittarius
Nov. 23 - Dec. 21
Some things can be done on the spur of the moment and some things can be left until the very last minute but what you do today will require a bit more planning. Others won't do it for you, so get on with it.

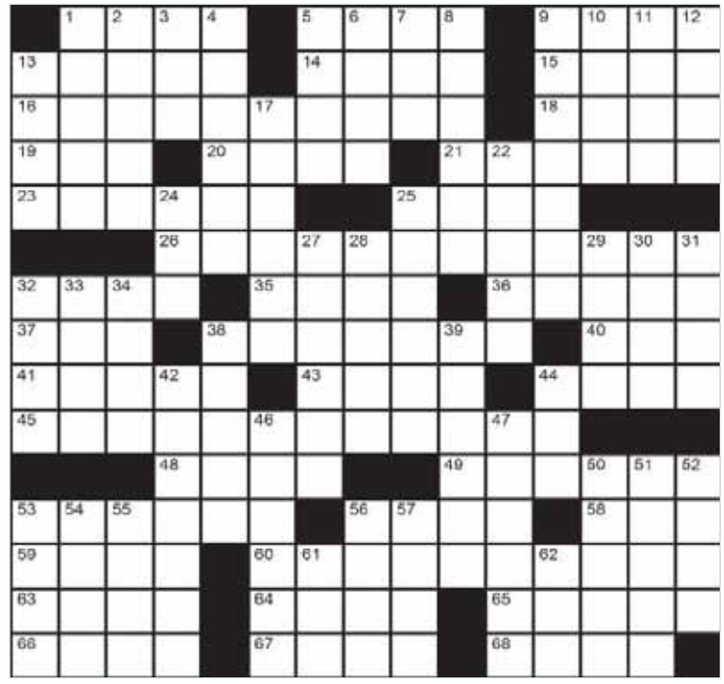
♑ Capricorn
Dec. 22 - Jan. 20
You know from experience there is no point shouting or making threats. If you want something done today, you will have to do it yourself or offer something valuable in return. So, do it yourself then.

♒ Aquarius
Jan. 21 - Feb. 19
Listen carefully to what a friend tells you today, even if you have heard it many times before. They may just have the key to a problem that has been annoying you for some time.

♓ Pisces
Feb. 20 - March 20
It's not wrong to be suspicious but it is wrong to take it to unreasonable levels. Rest assured that what you hear today is in no way designed to deceive you. SALLY BROMPTON

Crossword: Canada Across and Down

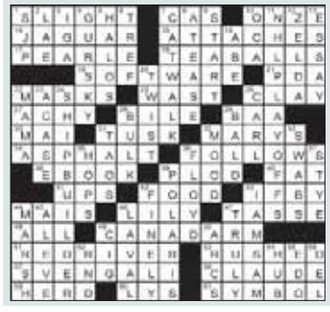
BY KELLY ANN BUCHANAN



Across
1. Swedish auto
5. "The World According to __" (1982)
9. Mr. Nova (Canadian singer/guitarist)
13. Hubba __ (Gum)
14. Duo plus one
15. "The Ghost & Mrs. __" (Old sitcom)
16. Valley of the Kings discoveries in Egypt: 2 wds.
18. Drug deal buster, for short
19. Pre-lunch hrs.
20. Occupied
21. Magnifying glass user
23. '70s night spots
25. Parisian positives
26. Arrest proof from a police car: 3 wds.
32. WWW code
35. Norse navigator Mr. Ericsson
36. Locomotive tracks
37. Hawaii's __ Beach
38. Poet of the Yukon, Robert __
40. Rich dollar amt.
41. Lisa of "The Cosby Show"
43. Fermented soybean paste
44. ____ other (Without equals)
45. Winnipeg-born songwriter/singer/guitarist: 2 wds.
48. Actress, Lena __
49. '70s sitcom family, The __
53. Locales
56. Achievement
58. "Sheila": 1962 hit for Tommy __
59. "__-__-Di..." (Beatles song title bit)
60. What a doctor provides: 2 wds.
63. Eye droplet
64. City of Russia
65. Recommended strongly
66. Inputted info [abbr.]
67. Places
68. "Friends" friend

Down
1. Finland, as Finns call it
2. Bottomless pit
3. Camel hair garment
4. Movie boxer Rocky's surname
5. Vintage muscle cars
6. Canadian __ (Military force)
7. One bone
8. Play __ (Feign death or sleep)
9. Memory loss
10. Lei-wearer's party
11. David Spade's "Joe __"
12. Philharmonic gr.
13. Mr. Pitt
17. Fight
22. Book, in a Quebec library
24. Gladiator's 450
25. Klutzy
27. Lily Munster's beloved
28. __ centre
29. Softens the lights
30. Tiger Woods' ex-wife
31. Nobel Peace Prize city
32. Official lang. of Israel
33. ___ day (Train-catching frequency, often)
34. British Invasion group, Manfred __
38. Fashion sense
39. __ boots
42. L'île-du-Prince-__ (PEI)
44. NHL's Ducks, on scoreboards
46. Billy __ (Canadian flying ace of WWI)
47. Medieval king of legend
50. Burdens
51. Past times
52. Plant's beginning
53. X-mark a ballot
54. Mr. Scrooge, to pals
55. _. __. (Line above the equator)
56. Quick
57. Banff National Park animals
61. Land Down Under bird
62. Olympics abbr. for Zagreb's land

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		4	2		7		8	
1		2	3	8		9		
	5						3	6
4			7		2		6	8
	7			5			1	
6	2		4		3			9
2	8						9	
		9		7	6	8		4
	4		8		9	6		

Yesterday's Sudoku

5	6	7	4	9	1	2	3	8
4	2	8	3	5	6	7	1	9
3	9	1	8	2	7	6	4	5
8	5	9	1	3	2	4	7	6
2	7	4	5	6	8	1	9	3
6	1	3	9	7	4	5	8	2
1	8	6	2	4	9	3	5	7
9	3	2	7	1	5	8	6	4
7	4	5	6	8	3	9	2	1

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